

2006

Guide to In-home and Other Support Services



Life

**1005 'O' Street, Suite 300
Lincoln, NE 68508-3628**

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First Service Counselors are available
Monday, Tuesday, Thursday, & Friday
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and
Wednesday 12:30 p.m. - 4:00 p.m.

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Who Will Pay for In-Home Services?

Medicare - Medicare pays the full cost of medically-necessary home health visits that meet specific criteria by a **Medicare approved home health agency**. A home health agency is a public or private agency that provides skilled nursing care, physical therapy, speech therapy, and other therapeutic services in the patient's home. These services are usually provided on a periodic basis by a visiting nurse and/or home health aide. Some services may require you to be confined to your home and be under a physician's care. **Check with your home health agency regarding Medicare coverage.**

Medicare Hospice Care - Medicare pays for hospice care for terminally ill beneficiaries who choose to receive hospice care rather than regular Medicare benefits for management of their illness. Under Medicare, hospice is primarily a program of care generally provided in the patient's home by a **Medicare-approved hospice provider**. The focus is on care and not cure. Hospice services covered under Medicare Part A include: physician, nursing care, medical appliances and supplies, drugs (for pain and symptom relief), medical social services, physical and occupational therapy, speech/language, pathology services, dietary and other counseling. **Ask your hospice care provider about Medicare coverage.**

Department of Health and Human Services

Lincoln/Lancaster District

1050 'N' Street, Suite 250, Lincoln, NE 68508

www.hhs.state.ne.us

(402) 471-7000

These programs have income and resource limits.

Block Grant Program - This program is designed to provide assistance to older adults and disabled people to help them remain independent in their homes. A person must be 60 years old or disabled to be eligible. Income may be up to \$888 per month. A couple may have up to \$995 per month to qualify. Services paid may include transportation, meals-on-wheels, adult day care, congregate meals, and chore (light housekeeping, grocery shopping, laundry, and meal preparation.)

Disabled Persons and Family Support Program - This program is designed to help families keep a disabled family member at home or to allow a disabled adult to live independently. Persons 60 years or disabled may qualify if income is less than \$1,364 per month. A couple may have up to \$1,784 per month. The program may authorize payment for disability related expenses such as architectural home modification to remove barriers, attendant care, home health care, housekeeping, special equipment, respite care, and transportation. **To apply call: (402) 471-9310 (Lincoln) or 1-800-358-8802.**

Medicaid - Medicaid is a State program that assists in the payment of medical expenses for eligible persons. Individuals who are 65 and older, blind, or disabled. Services provided are for personal care, or nursing care. Income and resources must be below the medical assistance guidelines: \$817 per month for individual and a couple may have up to \$1,101 per month.

☛ **Medicaid Waiver** - Waiver allows Medicaid recipients with significant health problems funds to purchase the following services that are not usually considered "medical", i.e. chore services: housekeeping, meal preparation, shopping, escort and supervision, adult day care, respite care, independent skills

management and transportation. There is a maximum payment for services per individual per month.

☛ Indicates that a program is certified to accept payments from the Medicaid Waiver program for services provided to a qualified client.

Respite Funding Resources

These **funding programs** provide financial assistance to care givers living with persons who need or require continuous care and/or supervision and require respite care and have a care giver.

Alzheimer's Association of the Great Plains

www.alzgreatplains.org (402) 420-2540 or (888) 487-2585

(For persons diagnosed with Alzheimer's or related dementia.)

This program has limited financial assistance for care givers living with persons diagnosed with Alzheimer's disease or related disorders.

Disabled Persons and Family Support Program

See page 5.

☛ **Medicaid Waiver**

See page 5.

Nebraska Respite Network - Southeast Service Area

1432 'N' Street, Lincoln, NE 68508

(402) 434-3494, Ext. 131

Coordinates respite resources that includes information and referral for families.

Respite Subsidy Program Across the Lifespan

Department of Health & Human Services

(402) 471-1689 or (800) 358-8802

This is an income-restricted program. If eligible, the program will provide a subsidy of up to \$125 per month for a limited time.

☛ **Supportive Services Program**

See page 7.

Other Programs Available

Lincoln Area Agency on Aging - *LIFE*

✎ **Supportive Services Program** - In Lancaster County
1005 'O' Street, Suite 300, Lincoln, NE 68508
(402) 441-7070

The Supportive Services Program financially subsidizes personal care, housekeeping, and adult day care for persons who are 60 years of age or over, don't qualify for Block Grant or Medicaid Waiver, and have an income less than \$2,250.00 per month. If you are interested please tell the service provider that you would like to apply for the Lincoln Area Agency on Aging subsidy when requesting services. This subsidy is available on a limited basis and you may be on a waiting list. **You may be able to receive the services you need at a reduced price through the agencies marked with a "✎".**

Rudge Support Services (Lancaster County only) (402) 486-8520

This program is funded by the Rudge Memorial Trust Fund of Tabitha. Its purpose is to provide in-home support for individuals who need assistance to continue living independently in their own homes. Services include: homemaking, personal care, and heavy cleaning. All fees are assessed on a sliding fee scale based upon monthly income and ability to pay.

Adult Day Service

Adult Day Service provides care and supervision in a protective setting for disabled or older dependent adults living in the community during some portion of a twenty-four hour day.

Services may include: social, recreational and therapeutic activities, snacks and noon meal, medication administration, personal care, and transportation.

Programs and services will vary with each provider and some restrictions may apply for admission.

Low income persons may be eligible for Medicaid Waiver, Block Grant, or the Supportive Services program as a payment source.

✧ **Easterday Adult Day Structure Program**

6130 Adams
Lincoln, NE 68507 (402) 441-7901

Independence House I

1740 Superior St.
Lincoln, NE 68521
483-7830

Independence House II

4610 Mandarin Circle
Lincoln, NE 68516
488-2754

Additional Note: Independence House takes only persons with Alzheimers or related dementia.

✧ **Inter-Generational Adult Day Services**

47th & 'J' Streets (Located on corner)
Lincoln, NE 68510
www.tabitha.org (402) 484-9600

Additional Note: The Tabitha Inter-Generational Center program meets the needs of both children and seniors through planned and spontaneous interaction in a specially designed building, where the older adults and children each have their own wing.

✧ **Saint Anthony's Adult Day Services**

5401 South Street (Madonna Rehabilitation Hospital)
Lincoln, NE 68506
www.madonna.org (402) 483-9571
Additional Note: Saint Anthony's takes only persons who have Alzheimers or related dementia.

✧ **Waverly Care Center**

11041 N. 137th St.
Waverly, NE 68462 (402) 786-2626

Respite Care Programs

Respite care offers brief, temporary periods of relief or rest for the family members, guardians or other people who are regular caretakers. This service can be offered in the private home or in a facility for various hours during the day or several days of the week.

In-Home Respite Care can be provided by any home health care agency and non medical home care agency (See list on page 11.)

Volunteer Respite Care consists of senior volunteers trained to provide companionship and supervision for elderly or disabled people for a few hours per week while the regular care giver takes a break for personal or business reasons. *There is no charge for using these respite programs.*

Project H.E.L.P. (Homebound Elders Linked with Peers)

Lincoln Area Agency on Aging (LAAA)
1005 'O' Street, Lincoln, NE 68508
www.lincoln.ne.gov/city/mayor/aging
(402) 441-7026

Senior Companion Program

Lincoln Area Agency on Aging/Lincoln Information For Elderly (LIFE)
1005 'O' Street, Lincoln, NE 68508
www.lincoln.ne.gov/city/mayor/aging
(402) 441-7071 or 1-800-247-0938

Facility Respite is provided by any Assisted Living or Long Term Care facility that has agreed to provide temporary care for persons who are not able to be left alone for long periods of time. The following Assisted Living and Long Term Care facilities have agreed to provide respite care within their facilities. Call for admission details.

The Ambassador Lincoln

4405 Normal Blvd., Lincoln, NE 68506
(402) 488-2355

★ **Eastmont Towers "Seasons"**

6315 'O' Street, Lincoln, NE 68510

www.eastmonttowers.com (402) 489-6591

★ **Gramercy Hill**

6800 'A' Street, Lincoln, NE 68510

www.gramercyhill.com(402) 483-1010

★ **Haven Manor Facilities**

4800 S. 48th and 4900 S. 48th

6330 Platte Ave., Lincoln, NE 68510

www.havenmanor.com (402) 434-2680

Independence House I

1740 Superior Street

Lincoln, NE 68521

(402) 483-7830

Independence House II

4610 Mandarin Circle

Lincoln, NE 68516

(402) 488-2754

★ **Orchard Park**

3110 S. 48th, Lincoln, NE 68506 (402) 488-8191

★ **The Waterford at Williamsburg**

3940 Pine Lake Road, Lincoln, NE 68516

www.thewaterford.net (402) 423-1601

★ **Windcrest on Van Dorn**

7208 Van Dorn Street, Lincoln, NE 68506.....(402) 486-0011

Low income persons may be eligible for financial assistance through Medicaid Waiver or Supportive Services.

Home Health Care Registry/Referral

Care Consultants for the Aging (CCA)

4535 Normal Blvd., Suite 275, Lincoln, NE 68506
(402) 488-3771

CCA is a registry/referral service that assists families in hiring their own home care givers. The registry consists of companions, bath aides, home health aides, certified nursing assistants and nurses. Past employment, licensing, and criminal history checks are performed on all care givers. Clients may interview and select care givers. Payment is made on a private-pay basis.

Community Home Health Care & Hospice Care

Home Health Care providers make necessary medical and personal care available to elderly, disabled, ill or convalescing individuals in their own homes. These agencies can employ the full spectrum of care that includes RNs, LPNs, CNAs, home health aids, and contract with Physical, Occupational and Speech Therapists to provide other skilled treatment as ordered by a physician. An initial assessment is done in the home to determine the type of care needed. Some charge a fee for the assessment. Services may include activities of daily living such as bathing, wound care, medication setup and reminders, as well as, companionship, respite care, housekeeping, laundry, meal preparation, incidental transportation or escort to doctor appointments or shopping. **Each agency has a minimum of hours required for service. Be sure to ask before hiring.** Please check with the agency regarding the type of payment that is accepted. Some only accept private pay; others will bill private insurance, and accept Medicare, Medicaid or Medicaid Waiver as payment. Check with the agency regarding background checks, bonding, insurance and tax coverage of their employees.

Medical Home Health Care

Arcadia Health Care

3130 'O' St, Suite D, Lincoln, NE 68510
www.arcadiaresourcesinc.com (402) 435-5533

★ BryanLGH Home Health Care

4645 Normal Blvd., Suite 200, Lincoln, NE 68506
www.bryanlgh.org (402) 481-2900

★ Comfort Keepers

145 S. 56th St., Suite A, Lincoln, NE 68510
www.comfortkeepers.com (402) 484-5177

Elite Professional Home Care Agency

630 N. Cotner, Suite 103, Lincoln, NE 68505
(402) 464-2422 or 1-888-902-2422

FirstCare Home Health

3901 Normal Blvd., Suite 102 Lincoln, NE 68506
(402) 435-1122

★ Gentiva Health Services

8055 'O' St, #111, Lincoln, NE 68510
www.gentiva.com (402) 434-8081

★ Interim HealthCare

6040 S. 58th St., Suite A, Lincoln, NE 68516
www.interimhealthcare.com (402) 421-7920 or 1-888-349-2168

Intrepid USA Healthcare Services

7501 'O' St., Suite 10, Lincoln, NE 68510
(402) 483-2032 or 1-800 687-6908.

Maxim Healthcare Services

9239 W. Center Road, Suite 223, Omaha, NE 68124
www.maxhealth.com (402) 399-8888 or (866) 894-4567

✪ **Saint Elizabeth Home Care Services**

245 S. 84th St. Suite 111, Lincoln, NE 68510

www.saintelizabethonline.com (402) 219-7043

Additional Services: Private Duty nursing and home medical equipment.

✪ **Tabitha Health Care Services**

Tabitha Home Health Care

4720 Randolph St, Lincoln, NE 68510

www.tabitha.org (402) 486-8520

Additional Services: **Meals on Wheels**

A hot noon meal is delivered to individuals who are homebound or disabled. Meals are delivered seven days a week for a fee.

Vital Services Inc., H.H.C.

2915 N. 38th St, Lincoln, NE 68504 (402) 464-5777

Non-Medical Home Care

Non- Medical Home Care has home health aides, but does not do hands-on care. Instead they do light housekeeping, laundry, companionship, respite care, meal preparation, medication reminders, errands, escort and transportation services. **Each agency has a minimum of hours required for service. Be sure to ask before hiring.**

Please check with the agency regarding the type of payment that is accepted. Some only accept private pay; others will bill private insurance, or accept Medicaid Waiver as payment. Check with the agency regarding the initial assessment and if a fee is charged. Also inquire about background checks, bonding, insurance and tax coverage for their employees.

✪ **Comfort Keepers**

145 S. 56th St, #A, Lincoln, NE 68510

www.comfortkeepers.com (402) 484-5177

✪ **Guardian Angels**

3200 'O' St., Suite 6, Lincoln, NE 68510

www.guardian-angels.us (402) 474-4000

✪ **Home Instead Senior Care**

5930 S 58th St, Suite 'O', Lincoln, NE 68516

www.homeinstead.com (402) 423-8119

✪ **Kind Hearts** (*Elderly Care at Home*)

125 N. Washington St., Papillion, NE 68046

www.kindheartsathome.com (402) 339-7727

Hospice Care & Inpatient Facilities

Hospice Care provides a full range of palliative and supportive services for terminally-ill people who are in the final stages of their illnesses, and for their families. Services may include medical care, pain and symptom management, home nurse visitation, case management, counseling and bereavement services for the patient and family members.

AseraCare Hospice

1600 South 70th St., Suite 201, Lincoln, NE 68506

www.aseracare.com

(402) 488-1363 or 1-800 826-3841

HoriSun Hospice

249 Cherry Hill Blvd., #1, Lincoln, NE 68510

www.horisunhospice.com

(402) 484-6444 or 1-877-412-1181

Nebraska Hospice & Palliative Care Association

4720 Randolph, Bethel Building, Lincoln, NE 68510

www.NebraskaHospice.org

(402) 477-7043 or (402) 484-6444

Saint Elizabeth Hospice Care

245 S. 84th St., Lincoln, NE 68510

www.saintelizabethonline.com (402) 219-7043

Hospice of Tabitha

4720 Randolph St, Lincoln, NE 68510

www.tabitha.org (402) 486-8520

Hospice In-Patient Facilities

The Monarch

4201 S. 78th Street

Lincoln, NE 68506

(402) 327-0111

www.eastmontttowers.com

Maseman Hospice Unit

(Hospice of Tabitha)

4720 Randolph Street

Lincoln, NE 68510

(402) 486-8520

www.tabitha.org

Emergency Response Systems

The personal emergency response systems (ERS) are designed to help elderly or disabled people to live independently in their homes, providing them immediate access to emergency help at any time. Using a standard home telephone and easy-to-use custom designed equipment, *ERS* subscribers can call for emergency assistance from anywhere in their home or by merely pressing a button. There is a fee for this service. Some will charge installation and removal charges.

When you inquire about ***Lincoln Premier Lifeline***, a *LIFE* counselor will contact you to arrange a personal home visit to demonstrate the unit and answer any questions. In addition, the *LIFE* counselor will be able to help you easily obtain and use other community services.

BryanLGH Home Medical Services

Voice Care ERS

BryanLGH Medical Center East

1600 S. 48 St., Lincoln, NE 68506 (402) 481-3888

Comfort Keepers

Healthwatch ERS

145 S 56th St., Suite A, Lincoln, NE 68510

www.comfortkeepers.com (402) 484-5177

❖ **Lincoln's Premier Lifeline Program** - (*A joint program of LAAA and St. Elizabeth Regional Medical Center*)

Lincoln Information For the Elderly (LIFE)

1005 'O' St., Suite 300, Lincoln, NE 68508

www.lincoln.ne.gov/city/mayor/aging (402) 441-7070

Response Link of the Midlands

PO Box 390442, Omaha, NE 68139

www.responseslink.com (402) 740-0650 or
1-800 894-1428

Telephone Reassurance

TELECARE

Lincoln Area Agency on Aging/Volunteer Services Division

1005 'O' St., Lincoln, NE 68508

www.lincoln.ne.gov/city/mayor/aging (402) 441-7070

TELECARE is a program that gives a person living alone or disabled the security of knowing that someone will be calling at least once a day. This call, in addition to checking on the person's physical condition, becomes a friendly visit, and also a reminder to take necessary medications. If the client does not answer the call at the appointed time, an emergency plan goes into effect to provide assistance, if needed. *There is no cost for this service.*

Further Assistance?

- ☛ Do you have additional questions or concerns?
- ☛ Do you need assistance?

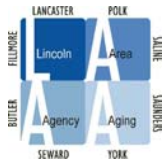
Please call us at 441-7070!

LIFE is a publicly-funded human service organization that specializes in aging, elder care, and retirement concerns. We serve older people, families, and the public.

LIFE welcomes opportunities to answer questions about the Lincoln Area Agency on Aging and benefits. We can help you select and arrange services. Our specially trained counselors can discuss personal circumstances and share over 25 years of experience.



Lincoln Area Agency on Aging
1005 'O' St., Suite 300, Lincoln, NE 68508
(402) 441-7070 or 1-(800) 402-247-0938



- ▲ *This booklet, issued to inform, not to advise, has been prepared and published by the Lincoln Area Agency on Aging - LIFE.*
- ▲ *It is distributed to help you obtain useful information regarding available community services.*
- ▲ *This is not an inclusive list of providers and the information is subject to change following publication*

E-mail: life@lincoln.ne.gov.

Web page: www.lincoln.ne.gov/city/mayor/aging

Enter the key word: AGING